

Desserts

Sweet Potato Custard

Serves 6

- 1 cup mashed, cooked sweet potato
- 1/2 cup mashed banana (about 2 small)
- 1 cup evaporated skim milk
- 2 tbsp packed brown sugar
- 2 beaten egg yolks (or 1/3-cup egg substitute)
- 1/2 tsp salt
- 1/4 cup raisins
- 1 tbsp sugar
- 1 tsp ground cinnamon
- Nonstick spray coating

Nutritional Analysis

calories: 144
total fat: 2 g
saturated fat: 0.7 g
carbohydrates: 20 g
protein: 6 g
cholesterol: 92 mg
sodium: 235 mg
dietary fiber: 1.4 g

In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly.

Healthy Cooking Tip

Use evaporated skim milk
INSTEAD OF cream.

Spray a 1-quart casserole with nonstick spray coating. Transfer sweet potato mixture to casserole.

Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.

Bake in a preheated 300 degree F oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

Note: If made with egg substitute, the amount of cholesterol will be lower.